

# Family genetic history

[Health & Medicine](#), [Nursing](#)



Family Genetic History Form Your Purpose: This assignment is to help you gain insight regarding the influence of genetics on an individual's health and risk for disease. You are to obtain a family genetic history on a willing, nonrelated, adult participant.

Disclaimer: When taking a family genetic history on an actual client, it is essential that the information is accurate. Please inform the person you are interviewing that they do NOT need to disclose information that they wish to keep confidential. If the adult participant decides not to share information, please write, " Does not want to disclose."

Directions: Refer to the Family Genetic History guidelines and grading rubric found in Doc Sharing to complete the information below. This assignment is worth 100 points.

Type your answers on this form. Click " Save as" and save the file with the assignment name and your last name, e. g., "

NR305\_Family\_Genetic\_History\_Form\_Smith". When you are finished, submit the form to the Family Genetic History Dropbox by the deadline indicated in your guidelines. Post questions in the Q&A Forum or contact your instructor if you have questions about this assignment.

1: Family Genetic History (35 points):

Develop a family genetic history that includes, at a minimum, three generations of your chosen adult's family, including grandparents, parents, and the adult's generation. If the adult has any children, include them as the fourth generation. \*\*PLEASE NOTE: This assignment is to reveal the potential impact of the family's health on the adult participant. You do not need to identify anyone who is not biologically related to the adult except for a

spouse or significant other.

You do not need to use symbols, but instead write brief descriptions for each person. Each description should include the following information: first name, birthdate, death date, occupation, education, primary language, and a health summary, including any medical diagnoses. An example is below:

Family Member

Description

Paternal grandfather

First and last initials:

RL

Birthdate:

1921

Death date:

1981

Occupation:

Retired as a coal miner

Education:

6th grade

Primary language:

English

Health summary:

He was diagnosed with chronic lung disease, diabetes, and hypertension. He died from a heart attack.

Paternal grandmother

First and last initials:

ML

Birthdate:

1932

Death date:

1998

Occupation:

House wife

Education:

Does not want to disclose

Primary language:

English

Health summary:

Diagnosed with chronic lung disease from smoking cigarettes. Died from heart failure.

This example points to common problems among this generation on both sides of the family. Consider the implications this would have for the adult participant's health if these were that person's family members.

Complete the family genetic history form below. Indicate if any information is N/A (not applicable) or unknown. Indicate any information the person did not want to disclose by noting " Does not want to disclose."

Family Member

Description

Paternal grandfather

First and last initials:

WR

Birthdate:

1920

Death date:

2009

Occupation:

Army officer

Education:

O level

Primary language:

English

Health summary:

He was diagnosed with liver failure due to alcohol addiction

Paternal grandmother

First and last initials:

MW

Birthdate:

1925

Death date:

1985

Occupation:

House wife

Education:

6th grade

Primary language:

English

Health summary:

She was diagnosed with hypertension and diabetes. She died from heart attack

Father

First and last initials:

DW

Birthdate:

1952

Death date:

N/A

Occupation:

Driver

Education:

A level

Primary language:

English

Health summary:

He is diagnosed with diabetes, hypertension and cases of cardiac arrest.

Father's siblings (write a brief summary of any significant health issues)

N/A

Maternal grandfather

First and last initials:

JT

Birthdate:

1928

Death date:

2001

Occupation:

Driver

Education:

6th grade

Primary language:

English

Health summary:

He was diagnosed with kidney failure and liver cirrhosis resulting from excessive alcohol consumption. He died from liver failure.

Maternal grandmother

First and last initials:

AJ

Birthdate:

1934

Death date:

2005

Occupation:

House wife

Education:

N/A

Primary language:

English

Health summary:

She was diagnosed with breast cancer and it resulted to her death.

Mother

First and last initials:

CJ

Birthdate:

1960

Death date:

N/A

Occupation:

Teacher

Education:

A level

Primary language:

English

Health summary:

She has cases of diabetes and high blood pressure.

Mother's siblings (write a brief summary of any significant health issues)

N/A

Adult Participant

First and last initials:

KW

Birthdate:

1980

Death date:

N/A

Occupation:

IT expert

Education:

University level

Primary language:

English

Health summary:

Has been diagnosed with cases of diabetes and high blood pressure.

Adult participant's siblings (write a brief summary of any significant health issues)

N/A

Adult participant's spouse/significant other

First and last initials:

BK

Birthdate:

1983

Death date:

N/A

Occupation:

Nurse

Education:

University level

Primary language:

English

Health summary:

She is in a stable health status.

Adult participant's children (write a summary for each child, up to four children)

Child #1 first and last initials:

DK

Birthdate:

2005

Death date:

N/A

Occupation:

N/A

Education:

Primary level

Primary language:

English

Health summary:

He is in healthy condition.

Child #2 first and last initials:

RK

Birthdate:

2009

Death date:

N/A

Occupation:

N/A

Education:

Primary level

Primary language:

English

Health summary:

She is in healthy condition.

Child #3 first and last initials:

N/A

Birthdate:

N/A

Death date:

N/A

Occupation:

N/A

Education:

N/A

Primary language:

N/A

Health summary:

N/A

Child #4 first and last initials:

N/A

Birthdate:

N/A

Death date:

N/A

Occupation:

N/A

Education:

N/A

Primary language:

N/A

Health summary:

N/A

## 2. Evaluation of family genetic history (25 points)

Evaluate the impact of the family's genetic history on your adult participant's health. For example, if the adult participant's mother and both sisters have diabetes, hypertension, or cancer, what might that mean for the adult participant's future health?

From the information obtained from the adult person interviewed it was found that his paternal grandfather died from liver failure due to alcohol consumption. This disease is not a genetically transmitted disease rather its behavioral disease. Hence this disease could not affect him in future if he keeps away from alcohol. His maternal grandmother and his father both had diabetes. This is most likely the genetic disease that streams in their family. His mother also had diabetes. However his maternal grandfather and grandmother did not have any genetic diseases. Therefore since his both parents had diabetes there is a high chance that he will also contract it in future. There are also chances that he could get infected with liver disease which is normally related to diabetes due to the restricted diet

recommended to diabetes patients.

### 3. Planning for future wellness (35 points)

Plan changes based on the evaluation of the adult participant's family's health history that will promote an optimal level of wellness both now and in the future. Include what information you would provide to the adult participant regarding the results of the family genetic history.

From the family's genetic history it has been found that the lineage is susceptible to contracting diabetes which would in turn lead to other complications such as liver failure and heart attack. Therefore to prevent future health risks to the adult respondent I would recommend him to take the following actions:

Eat large amounts of carbohydrate foods. Carbohydrates should be the major source of calories.

Eat moderate intake of fats. The fats should not contain too much cholesterol since that will prevent breakdown of proteins in the liver.

Lose weight if possible and maintain a healthy body weight.

Take approximately 1gram of protein per kg per day. This is good to make sure that the liver is not overburdened with proteins to breakdown.

Reduce the amount of salt he takes in his food.

Lastly he should avoid alcohol or drink minimal amounts if possible.